



National Nutrient Database for Standard Reference

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Statistics Report 35131, Cornmeal, blue (Navajo)

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	5.70	--	--	4.03	7.36	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Energy	kcal	398	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	1666	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	10.40	--	--	8.81	11.99	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Total lipid (fat) ¹	g	5.44	--	--	4.27	6.61	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Ash ¹	g	1.54	--	--	1.43	1.64	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Carbohydrate, by difference	g	76.93	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Fiber, total dietary ¹	g	8.7	--	--	8.7	8.7	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Sugars, total ¹	g	1.81	--	--	1.62	2	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

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Sucrose 1	g	1.53	--	--	1.44	1.62	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Glucose (dextrose) 1	g	0.16	--	--	0.1	0.21	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Fructose 1	g	0.12	--	--	0.07	0.17	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Lactose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Maltose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Galactose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Starch 1	g	63.62	--	--	60.37	66.87	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Minerals													
Calcium, Ca 1	mg	5	--	--	4	6	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Iron, Fe 1	mg	2.91	--	--	2.25	3.58	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Magnesium, Mg 1	mg	133	--	--	110	155	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

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Phosphorus, P 1	mg	354	--	--	341	366	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Potassium, K 1	mg	393	--	--	377	408	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Sodium, Na 1	mg	7	--	--	4	11	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Zinc, Zn 1	mg	2.91	--	--	1.99	3.84	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Copper, Cu 1	mg	0.218	--	--	0.22	0.22	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Manganese, Mn 1	mg	0.758	--	--	0.63	0.89	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Selenium, Se 1	µg	11.8	--	--	10.4	13.3	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Thiamin 1	mg	0.285	--	--	0.28	0.29	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Riboflavin 1	mg	0.107	--	--	0.1	0.11	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

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Niacin ¹	mg	2.020	--	--	1.81	2.23	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Pantothenic acid ¹	mg	0.353	--	--	0.26	0.45	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Vitamin B-6 ¹	mg	0.593	--	--	0.58	0.61	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Folate, total ¹	μg	58	--	--	46	69	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Folate, food	μg	58	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004
Vitamin E (alpha-tocopherol) ¹	mg	0.73	--	--	0.63	0.83	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Tocopherol, beta ¹	mg	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
Tocopherol, gamma ¹	mg	3.21	--	--	2.42	4	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Tocopherol, delta ¹	mg	0.37	--	--	0.37	0.37	--	--	--	1	Analytical or derived from analytical	--	04/2004
Vitamin K (phylloquinone) ¹	μg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.886	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
8:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
10:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
12:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
14:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
15:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
16:0 ¹	g	0.713	--	--	0.56	0.86	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
17:0 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
18:0 ¹	g	0.132	--	--	0.08	0.18	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
20:0 ¹	g	0.025	--	--	0.02	0.03	1.0	--	--	1	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 1	g	0.016	--	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Fatty acids, total monounsaturated	g	1.679	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
14:1 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
15:1 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
16:1 undifferentiated 1	g	0.003	--	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
17:1 1	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
18:1 undifferentiated 1	g	1.661	--	--	0.92	2.4	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
20:1 1	g	0.015	--	--	0.01	0.02	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
Fatty acids, total polyunsaturated	g	2.465	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
18:2 undifferentiated 1	g	2.404	--	--	2.08	2.73	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
18:3 undifferentiated 1	g	0.000	--	--	0.06	0.07	--	--	--	1	Analytical or derived from analytical	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) ¹	g	0.061	--	--	0.06	0.07	1.0	--	--	1	Analytical or derived from analytical	--	04/2004
18:3 n-6 c,c,c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
20:2 n-6 c,c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
20:3 undifferentiated ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004
20:4 undifferentiated ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2004

Amino Acids

Other

Flavonoids

Proanthocyanidin

Proanthocyanidin dimers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) ²	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA American Indian/Alaskan Native Database - Navajo Foods 1999-2000, 2000 Beltsville MD

²Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521